

# What the Recipes Will Help You Do

The standardized quantity recipes in this packet are designed to help you serve healthy, attractive breakfasts, lunches, snacks, and suppers that will appeal to the children in your care. To meet the needs of today's child care programs, recipes must:

- Be acceptable to children.
- Be economical.
- Be lower in fat and moderate in the use of added salt.
- Use a minimum number of ingredients and steps for preparation.
- Accommodate regional and local needs and preferences.

By using these recipes, you will be able to do the following:

## **1) Ensure product quality**

These recipes were developed to provide quality and yield consistency.

Taste panels of adults and children tested these products for texture, taste, aroma, appearance, and overall quality.

## **2) Accurately predict the number of portions**

This will allow you to simplify purchasing, reduce the amount of unnecessary inventory, and eliminate excessive amounts of leftovers.

## **3) Adjust the flavoring of each recipe to meet the expectations of children**

Many of the recipes give information concerning additional ingredients that can be used to adjust the overall flavor of a recipe to more closely meet regional preferences. You will find these listed on individual recipe cards under optional ingredients or in a section called "Special Tips."

## **4) Obtain maximum benefit from the use of USDA Foods**

Because child care centers are able to use USDA Foods in preparing meals, many of the recipes were developed and tested using available USDA Foods. This helps ensure that the final product of any recipe produced will meet the same standards for *quality* and *quantity* intended by the recipe developers. USDA Foods also help reduce costs when used in place of commercial brands.

## **5) Understand the nutritional value of each recipe**

A nutritional analysis has been provided for each of the recipes. Many of these new or reformulated recipes have reduced added fat and/or sodium and some have increased the amount of dietary fiber.

## **6) Evaluate the specific contribution of each recipe toward the reimbursable meal**

For your convenience, the food contribution toward the reimbursable meal for each portion of a recipe is specified in the recipe format.

## **7) Increase employee confidence**

The recipes have clear, concise directions that cover all aspects of production. This will help improve employee morale by reducing the confusion associated with nonstandardized recipes.

Additionally, first-rate results will boost employee morale. The recipes are reliable and will produce consistent, high-quality meals. Employees will be confident and proud that they are serving the best quality products available.

## What Is Special About the Recipes?

### **Plenty! For one thing, the recipes reflect what is happening with nutrition today.**

You will find many of them to be as low in fat and cholesterol as possible, without losing flavor and appeal. Many include lots of fruits, vegetables, and grains, and they will help you add variety.

A menu of these recipes will be a healthy experience for children. You will be giving them needed nutrients and energy—without a lot of fat. You will also be helping them learn what it means to eat for good health.

### **The recipes will help you “win kids over” with some exciting new flavors...and help you prepare some of their all-time favorites in healthier ways.**

A palette of diverse cultural recipes is presented here. You will find, for example, Beef Stir-Fry (D-18A) and Teriyaki Chicken (D-12) from the Orient, and Mexicali Corn (I-15) from Mexico.

Adding a taste of Europe are such recipes as Broccoli and Cauliflower Polonaise (I-16) from Poland, and Minestrone (H-12), Vegetable Lasagna (D-27), and Meat Lasagna (D-19) from Italy.

The recipes also reflect the rich diversity of the United States. Southwest flavor is unmistakable in several. There are Chili Con Carne (D-25), Tortilla Roll-Up (F-07), and Bean Burrito (D-21A) to name a few. Some traditional American favorites are Apple Crisp (B-19), Oven-Baked Fish (D-09), and Broccoli Salad (E-11).

### **The recipes have been carefully developed with both kids’ TASTES and their good HEALTH in mind.**

To support the ideal of lowered fat, many of the recipes call for reduced-fat cheeses as well as reduced-fat mayonnaise, low-fat milk, and low-fat yogurt.

Versions of lower-fat baked goods, such as Brownies (B-15), Applesauce Cake (B-20), and Applesauce Pancakes (A-05), use applesauce as a fat substitute. The taste of the recipes is the same familiar one; just the fat content has been changed.

The use of low-sodium soup stocks, gravy bases, and soy sauce helps to reduce the sodium level in the recipes.

### **AND, the recipes have been designed with YOU—the food preparer—in mind.**

We hope that as you read through and use these recipes you will find that they meet your needs. We have written the recipes with a limited number of steps, bearing in mind the equipment that you might have available.

# Quality–Quality–Quality

The items you serve to each child are only as good as the quality of ingredients and handling put into each recipe!

To ensure high-quality results:

## Purchase the finest quality ingredients possible

If the brand of lemon gelatin you select is weakly flavored because it is inexpensive, you will not have a strong lemon flavor in the end product.

If the brand of chicken stock has “water” listed as the first ingredient, instead of chicken broth, your Chicken Rice Soup (H-10A) will not have a meaty chicken flavor.

## Store and handle carefully

If the broccoli you put into the Broccoli Salad (E-11) is old, dried, and wilted, the salad will not be crisp. And, many nutrients will be lost by the time you serve it.

If the frozen green beans in the Vegetable Medley (I-02) have been improperly handled by either the distributor or you — for instance, thawed and refrozen — your end product will not be the best possible.

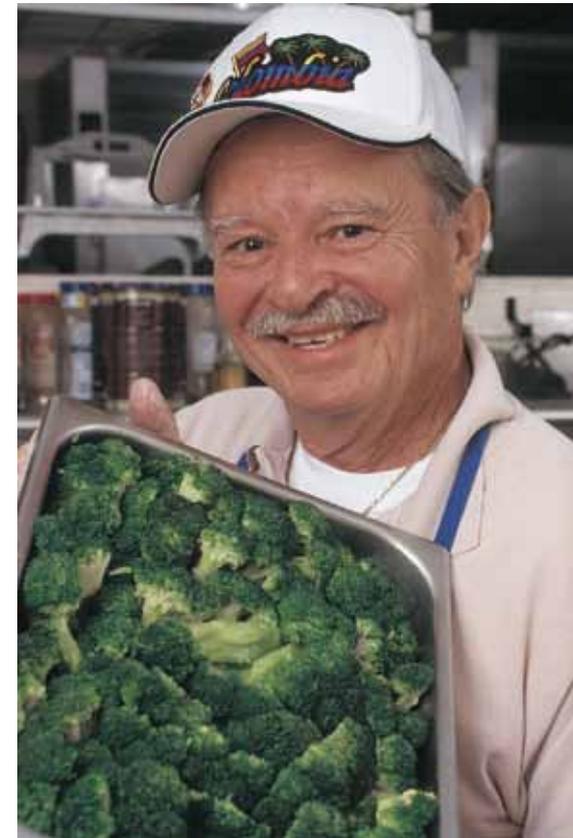
Purchase from reliable stores and check your storage and handling procedures to assure topnotch **quality - quality - quality**.

## Check your cooking techniques

If your cakes and brownies are overbaked because you are not using an oven thermometer to maintain exact oven temperatures, they will be dried out, tough, and crumbly.

If the stir-fry is not cooked in batches, or if it is held for a long period of time, the vegetables will not be brightly colored and crispy. They will be limp and uninviting.

**Batch-cooking** is cooking in small quantities to maintain high quality throughout the serving period. This should be used when you are serving 50 or more meals or have alternate serving times. Each preparation should not exceed what can be served in approximately the next 15 minutes or so. This means there will be **continuous** heating or cooking throughout the meal.



# Working With the Recipes

On the following pages, we will take a close look at how each recipe is organized.

## Recipe Header:

This area contains the recipe title, credited food components, and file location.

**The recipe title:** →

**Stir-Fry Chicken**

Main Dishes

D-18

Recipe titles have been kept as straightforward as possible. Descriptive words related to texture or flavor have been avoided.

Meat-Vegetable

Ingredients	Weight		Measure		Directions		
	Weight	Measure	Weight	Measure			
Cornstarch	2 oz	¼ cup	3 Tbsp	4 oz	¼ cup	2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.  2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.  3. Cook for 3-5 minutes, until thickened. Remove from heat.  4. Sauté sliced carrots in oil for 4 minutes.  5. Add onions, cook for 1 minute.  6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.  7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables.
Water, cold		½ cup			1 cup		
Low-sodium soy sauce		½ cup			1 cup		
Ground ginger		¼ tsp			½ tsp		
Granulated garlic		1 Tbsp	1 ½ tsp		3 Tbsp		
Ground black or white pepper		1 tsp			2 tsp		
Chicken stock, non-MSG		1 qt			2 qt		
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt OR 3 qt		5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt		
Vegetable oil			½ cup		½ cup		
*Fresh onions, chopped OR Frozen mixed Oriental vegetables	10 oz OR 3 lb 7 oz	2 cups OR 2 qt ¾ cups		1 lb 4 oz OR 6 lb 14 oz	1 qt OR 1 gal 1 ½ qt		
Raw chicken skinless, boneless, ½" cubes	4 lb 8 oz			9 lb			

**The recipe file location:** →

The recipes are organized by food categories and recipe numbers.

The food categories are:

- A** – Grains/Breads
- B** – Desserts
- C** – Dips, Sauces, and Toppings
- D** – Main Dishes
- E** – Salads and Salad Dressings
- F** – Sandwiches
- G** – Snacks
- H** – Soups
- I** – Vegetables

## The food components contributing credit toward the reimbursable meal:

This indicates the food components of a particular recipe that contribute credit to the reimbursable meal. Our sample recipe, Stir-Fry Chicken (D-18), contributes credit to both the Meat and Vegetable meal components.

Each recipe has been assigned: (1) a letter to identify the recipe category and (2) a number indicating its place within this category. Letters that appear after the number indicate a variation of the main recipe.

For example, a recipe with a designation of B-17 would indicate that this recipe is number 17 within the Desserts category.

## Ingredients:

In this next example, the first column of the Stir-Fry Chicken (D-18) recipe is highlighted.

**First, note the order in which ingredients are listed:**

Ingredients are listed in the same order as they are required for production.

**Second, note the form in which ingredients are listed:**

You will see that our sample recipe specifies: **Fresh carrots, peeled, 1/4" slices.**

This tells you the carrots are to be purchased fresh, and then peeled and cut into 1/4"- thick slices prior to being used in the recipe.

## Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¼ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ½ qt OR 2 qt 3 ¼ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ¾ qt	6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
Raw chicken skinless, boneless, ½" cubes	4 lb 8 oz		9 lb		
Vegetable oil		½ cup		1 cup	7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher.  Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

# Working With the Recipes

continued

## On All of the Recipes:

The purchase state of the ingredient (such as fresh, frozen, canned) appears before the ingredient name. And, the form of the ingredient (such as peeled, sliced, etc.) comes after the ingredient name.

In order to obtain the maximum possible quality during production, it is **very important** that you follow the recipe exactly. The **purchase state** (fresh, canned, frozen, etc.) of your ingredients and **the form** (peeled, sliced, etc.) should always be the same as listed in the recipe.

**All of the recipes will be equally successful whether USDA Foods or commercially available ingredients are used. However, where possible, the recipes have been developed and standardized using USDA Foods products.**



When you are purchasing ingredients, remember to:

### Select the best possible quality

The quality of the final product will rely heavily on the quality of ingredients used.

### Purchase products that will produce the “healthiest” overall product

For example, our sample recipe for Stir-Fry Chicken (D-18) calls for chicken stock, non-MSG (without monosodium glutamate). When purchasing stocks and bases, select brands that do **not** contain MSG and have a moderate level of sodium (salt).

Read food labels carefully. Food manufacturers must list ingredients in descending order of predominance by weight. So, if salt is the first ingredient listed, you know that the product contains more salt than anything else.

## Alternate Ingredients:

Alternate ingredients are listed in many of the recipes to give you flexibility when ordering. They may also help you accommodate limitations in labor or equipment.

This example shows how alternate ingredients appear in the recipe format. Several lines are highlighted.

As you can see, alternate ingredients are listed on separate lines separated by the word **“OR.”** It is important that you select only **one** of the options provided. Do **not** add both the primary and the alternate ingredients to the recipe.

### In the Stir-Fry Chicken (D-18) example:

You may choose to use the fresh carrots, sliced, which is listed in the ingredients.

#### OR

You may choose to use the alternate, frozen sliced carrots.

Also, you may choose to use the fresh broccoli, chopped,

#### OR

You may choose to use the alternate, frozen mixed Oriental vegetables.

## Stir-Fry Chicken

Meat-Vegetable		Main Dishes			D-18
Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¼ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat. 4. Sauté sliced carrots in oil for 4 minutes.
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	
*Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	
OR Frozen sliced carrots	8 oz	¾ cup	6 lb 12 oz	1 gal 2 qt	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute.
*Fresh broccoli, chopped OR	2 lb 13 oz 7 oz	1 gal 1 ¼ qt 2 qt 3 ½ cups	5 lb 10 oz 6 lb 14 oz	2 gal 2 ¼ qt 1 gal 1 ½ qt	
OR Frozen mixed Oriental vegetables	8 oz		9 lb		6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm. 7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		½ cup		1 cup	
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

## Optional Ingredients:

Some of the recipes include optional ingredients. These are typically used for seasoning and garnishing. If an ingredient is optional, the word “(optional)” will immediately follow it in the ingredient list.

Optional ingredients may be used to increase a recipe’s appeal in a particular area or region. While certain ingredients may be preferred by children in some regions of the country, they may not appeal to others.

Optional ingredients may also be used to change the meal pattern contribution. However, it is important to note that optional ingredients are **not included** in the contribution to the reimbursable meal or the Nutritional Analysis of the recipe.

The instructions under Directions will indicate when to add the optional ingredients.

## Weights and Measures for 25 and 50 servings:

In this example, the center of the recipe format is highlighted. These columns show the quantities you will need for producing 25 and 50 portions of the recipe.

### Weight measurements are given for dry and solid ingredients

The weight measurements are written in pounds (lb) and ounces (oz).

Because it is sometimes necessary to use volume measure, the volume equivalents have also been given for the dry and solid ingredients.

All recipes were tested using weight measurements unless only a volume measurement is given.

### Volume measurements are given for liquid ingredients and include:

- Teaspoons (tsp)
- Tablespoons (Tbsp)
- Cups (c)
- Quarts (qt)
- Gallons (gal)

Note:

Can sizes are provided in the recipes for estimating how much food to take from the

## Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¼ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ½ qt OR 2 qt 3 ¼ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ½ qt	
Raw chicken skinless, boneless, ½" cubes	4 lb 8 oz		9 lb		7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables.  CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		½ cup		1 cup	
					8. CCP: Hold for hot service at 135° F or higher.

storeroom. However, using can sizes is not an accurate measuring method.

Spices, flavorings, and other ingredients of less than 2 ounces are given a volume measurement since most scales are not able to measure such a small quantity accurately.

### A note about baking:

When measuring dry ingredients you will be using in a baked product, it is very important that you measure the ingredients by **weight** whenever possible. This is because even

slight variations in measurement can alter the quality of the final product.

### Consider the following:

- One pound of *unsifted* all-purpose flour can range from 2 ½ cups to 4 cups.
- One pound of *sifted* all-purpose flour can range from 3 cups to 4 ½ cups.
- These examples make it easy to see why measuring the flour for a baked product only by *volume* can result in an **inconsistent product**.

## Directions:

In our next example, the far-right column is highlighted. This section lists all the steps needed to prepare the recipe.

Each step is numbered in sequence and is directly across from the ingredients to which it applies.

### The directions include:

- Mixing speeds and times
- Cooking procedures
- Panning procedures
- Baking times and temperatures
- Critical control points
- Portioning directions
- Garnishing and serving instructions

The directions **do not** account for any advance preparation work that must be done in order to prepare the ingredients for recipe production. However, it is important to account for any preparation tasks in scheduling, and a good idea to take care of these well in advance of the actual production.

For example, for the Fruit and Rice Dessert (B-09) you will need to allow time to prepare rice and time to refrigerate the prepared rice for at least an hour **before** you can assemble the dessert.

## Stir-Fry Chicken

Meat-Vegetable		Main Dishes			D-18
Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¼ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	3. Cook for 3-5 minutes, until thickened. Remove from heat.
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	4. Sauté sliced carrots in oil for 4 minutes.
*Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	
OR					5. Add onions, cook for 1 minute.
Frozen sliced carrots	3 lb 6 oz	3 qt	6 lb 12 oz	1 gal 2 qt	
Vegetable oil		½ cup		½ cup	6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	
OR					7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables.
*Fresh broccoli, chopped	2 lb 13 oz	1 gal 1 ½ qt	5 lb 10 oz	2 gal 2 ¼ qt	
OR					8. CCP: Heat to 165° F or higher for at least 15 seconds.
Frozen mixed Oriental vegetables	3 lb 7 oz	2 qt 3 ½ cups	6 lb 14 oz	1 gal 1 ½ qt	
Raw chicken skinless, boneless, ½" cubes	4 lb 8 oz		9 lb		8. CCP: Hold for hot service at 135° F or higher.
Vegetable oil		½ cup		1 cup	
					Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

We encourage you to read the directions for the recipe carefully **before you begin** production. Use them as you would a road map before starting out on a trip, and keep in mind the following:

In order to obtain the maximum possible quality from each recipe and ensure that the reimbursable meal requirements are met, all of the procedures outlined in this section of the recipe must be followed **precisely**.

For example, when you read the recipe for Stir-Fry Chicken (D-18) you will see in Step 8: **"Portion with 2 rounded No. 10 scoops."**

This is important because *level* No. 10 scoops will not provide enough food to meet meal pattern contributions.

The recipe format also includes a variety of other useful information, such as:

- Portion size
- The specific contribution of each serving toward the reimbursable meal
- Yield for 25 and 50 servings
- Variations
- Marketing guide for selected items
- Nutrients per serving

You will find this information on the **last page of each recipe**. Most recipes are two pages long; however, some are three or four.

Again using the Stir-Fry Chicken (D-18) example, let us first look at portion size, contribution to reimbursable meal requirements, and yield. These sections are highlighted.

Meat-Vegetable		Main Dishes		D-18
* See Marketing Guide				
<b>Marketing Guide for Selected Items</b>				
Food as Purchased for	25 Servings	50 Servings		
Carrots	3 lb 7 oz	6 lb 14 oz		
Mature Onions	12 oz	1 lb 8 oz		
Broccoli	3 lb 8 oz	7 lb		
<b>SERVING:</b>	<b>YIELD:</b>		<b>VOLUME:</b>	
¾ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and ¾ cup of vegetable.	<b>25 Servings:</b>	11 lb 10 oz	<b>25 Servings:</b>	1 gallon 1 quart
	<b>50 Servings:</b>	23 lb 4 oz	<b>50 Servings:</b>	2 gallons 2 quarts

## Serving:

The portion size and the suggested portioning tools are listed here.

## Contribution to the reimbursable meal

This section of the recipe format provides information on the specific contribution of each serving toward the reimbursable meal.

Reimbursable meals contain foods that qualify to be in the categories of Meat/Meat Alternate, Vegetable/Fruit, and Grains/Breads.

In our sample recipe, a  $\frac{3}{4}$  cup, 1-tablespoon (2 rounded No. 10 scoops) portion of Stir-Fry Chicken (D-18) contributes 2 ounces of **cooked lean meat** and  $\frac{5}{8}$  cup of **vegetable**.

## Yield:

The total recipe yield for both 25 and 50 servings is stated by weight (pounds, ounces). For some recipes, the total yield is also stated by volume (gallons, cups).

## Alternate Portion Shapes:

Some of the grains/breads recipes in the collection include instructions for different-shaped portions from the basic recipe, and others do not. In our Peach Muffin Squares (A-16A) example, the alternate portioning instructions are highlighted.

**If a recipe has alternate instructions, follow all of the standard directions in the basic recipe, changing only those specified in the variation instructions.**



## Peach Muffin Squares

Grains/Breads		Grains/Breads		A-16A
Enriched all-purpose flour	2 Tbsp		¼ cup	
Brown sugar, packed	2 Tbsp ¼ tsp	2 oz	¼ cup ½ tsp	
Margarine or butter	2 Tbsp	2 oz	¼ cup	
				8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned sliced cling peaches, in syrup, drained	1 lb 11 oz 3 ¾ cups (¾ No. 10 can)	3 lb 6 oz	1 qt 2 ¼ cups (¾ No. 10 can)	9. Spread 1 lb 11 oz peaches over each pan. Peaches may be pureed. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.
				10. Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes Convection oven: 325° F for 35 minutes
				11. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
<b>SERVING:</b>		<b>YIELD:</b>		<b>VOLUME:</b>
1 piece provides the equivalent of 1 slice of bread.		<b>25 Servings:</b>	5 lb 9 ½ oz (uncooked)	<b>25 Servings:</b>
		<b>50 Servings:</b>	11 lb 3 oz (uncooked)	1 quart 2 ¼ cups (batter) 1 pan
				<b>50 Servings:</b>
				3 quarts ½ cup (batter) 2 pans

For muffin pans:  
1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Portion No. 30 scoop (2 Tbsp) peaches onto each muffin. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:  
Conventional oven: 400 °F for 18-20 minutes  
Convection oven: 350 °F for 12-15 minutes  
To cool, immediately remove muffins from pans and place on cooling racks.

Alternate portion sizes provide the same meal credit as the basic recipe. However, if the number of portions yielded by the alternate instructions is different than the basic recipe, the nutrient values will not match those of the basic recipe.

## Marketing Guide for Selected Items:

The Marketing Guide for Selected Items provides special purchasing information on foods that will sustain trimming loss during preparation. These foods are marked with an asterisk (\*) in the ingredients column of the recipe format.

In the Stir-Fry Chicken (D-18) example, you will see information given for three ingredients. Turning back **to page 8, you will see each of these is preceded by an asterisk.**



## Stir-Fry Chicken

Meat-Vegetable

\* See Marketing Guide

### SERVING:

$\frac{3}{4}$  cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and  $\frac{1}{2}$  cup of vegetable.

### YIELD:

**25 Servings:** 11 lb 10 oz  
**50 Servings:** 23 lb 4 oz

### VOLUME:

**25 Servings:** 1 gallon 1 quart  
**50 Servings:** 2 gallons 2 quarts

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature Onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

### What you need to know:

For ingredients marked with an asterisk, the quantity listed under “Weight” and “Measure” in the recipe is the EP (Edible Portion). This is the quantity required for

preparation of the needed servings and therefore does not allow for any trimming loss. Any trimming must be done before measuring.

The Marketing Guide shows the AP (As Purchased) quantity required when ordering. In our example, 3 pounds 8 ounces of broccoli must be **purchased** (AP) in order to yield 2 pounds 13 ounces (EP), the amount of fresh broccoli, chopped required in the recipe to produce 25 portions of Stir-Fry Chicken (D-18).

## Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

### Nutrients Per Serving

<b>Calories</b>	223	<b>Saturated Fat</b>	1.73 g	<b>Iron</b>	1.59 mg
<b>Protein</b>	22.53 g	<b>Cholesterol</b>	54 mg	<b>Calcium</b>	52 mg
<b>Carbohydrate</b>	11.82 g	<b>Vitamin A</b>	12105 IU	<b>Sodium</b>	290 mg
<b>Total Fat</b>	9.66 g	<b>Vitamin C</b>	39.8 mg	<b>Dietary Fiber</b>	3.3 g

### Nutrients Per Serving:

As you can see in the Stir-Fry Chicken (D-18) example, this section of the recipe format gives information on 12 nutrients.

All of the recipes in this collection were analyzed for their nutrient content. For a more detailed explanation of this analysis of these recipes, see page 31 of this manual.

For information on the steps taken to reduce the amount of fat in some of these recipes, see page 32.

### The nutrients values given for each recipe are:

- Calories
- Protein
- Carbohydrate
- Total Fat
- Saturated Fat
- Cholesterol
- Vitamin A
- Vitamin C
- Iron
- Calcium
- Sodium
- Dietary Fiber

## Special Tips:

Some of the recipes include Special Tips. On the Stir-Fry Chicken (D-18) recipe, for example, you will find the following:

### *Special Tip:*

For an authentic Oriental flavor, when sautéing chicken in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Here is another example of Special Tips, this one from the recipe for Salsa (C-03):

### *Special Tips:*

- 1) Serve with broken tortilla pieces for dipping.
- 2) An equal volume of fresh, diced tomatoes may be used in place of the canned, diced tomatoes.

As you can see from these examples, the Special Tips offer information that can help you in a variety of ways. Some, like the Special Tip in the Stir-Fry Chicken (D-18), offer advice on increasing the authenticity of the recipe. Others may:

- Offer ways to make preparation easier
- Suggest optimal methods for storage
- Give alternative serving suggestions
- Suggest appropriate garnishes
- Offer ways to improve the nutrient profile

